

NAVY REGION
JAPAN
SCHOOL LIAISON
SERVICES



Smooth Sailing:School Liaison

VOLUME III

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Schools Welcome Military Family Life Consultants

Sammy's teacher noticed a huge change in his work and behavior since his dad's ship pulled out. She provided as much support as a busy teacher with 21 other students could muster, but Sammy was still not coping well with the separation and his grades began to suffer. Sammy's mom was a bit overwhelmed with helping Sammy adjust since she was adjusting herself and unsure how to help him.

The above is a scene played out again and again for military children. Recently a team of counselors dedicated and specifically trained to deal with the problems military children face arrived in Japan. Military Family Life Consultants [MFLCs] are now in most schools our Navy children attend in Japan. MFLCs provide short term anonymous counseling. "It's sort of like putting out small emotional fires before they become raging wildfires" says Ruth Russell Navy Region Japan School Liaison Officer of the work MFLCs do.

MFLCs also provide training for teachers and parents on a variety of topics designed to support our children. Military Children are historically known for their resiliency and for many that comes second nature. For others a bit of help can make a huge difference in how they perceive and respond to the challenges they face. MFLCs are in the schools to provide that help.

MFLCs provide presentations for students in group settings at all grade levels, and are trained to make themselves available to be that person a student can comfortably go to for individual help.

MFLCs keep no records and are completely anonymous. Living overseas in a military community is somewhat like living in a fishbowl and sometimes people are reluctant to seek out help or advice for emotional issues. MFLCs will rotate three times during the upcoming school year. This prevents them from becoming "part of the community" which provides even more anonymity.

Parents are welcome to contact the MFLC at their school if they need advice, have questions or a specific concern to share. Contact your school or your School Liaison Officer for your local MFLC contact information .



MFLCS offer short term counseling for children affected by military life.

Regional School Liaison Officer Contact Info: Ruth Russell

DSN 243-2588 Local 046-816-2588 Email: ruth.russell@fe.navy.mil



Connect with Your Child While Deployed



My Military My Child “takes you home” to have fun with your kids while deployed.

We all hear about the great mom or dad who recorded stories for their child before being deployed. Wow, so impressive. However, reality is that time and duties creep up on sailors and often that doesn't get accomplished before going underway.

Some parents try to call home regularly only to find junior doesn't seem to have much to say on the telephone after a while.

Now there is an awesome program free to military that will allow service members to not only read stories to their children but allow them to interact and play together as well.

My Child My Military is an interactive environment where young children can

play with their deployed parents as well as other family members, regardless of how far away they are.

The site allows users to see and hear one another while they read books, play games, and do art activities together—all in real time! An extensive catalog of reading selections and activities offers countless opportunities to engage in the kinds of interactive, imaginative and constructive play that children love.

Your commitment to our national security sometimes means you can't always be there, but you **CAN** still stay connected to your child.

Go to mychildmymilitary.com to start having fun with your child.

Now both the student AND the school receive a report card in the DODEA Schools

Report Cards for DoDEA Schools

DoDEA recently released web-based School Report Cards (SRCs) in an effort to provide more information on school performance and accountability.

DoDEA's SRCs are very similar to the SRCs that are required by the No Child Left Behind (NCLB) Act. The SRCs list school contact information, school improvement goals, a school's student demographic profile, and academic indicators such as the SAT and TerraNova scores.

The SRCs were created as a part of DoDEA's response to greater accountability to parents and stakeholders. They are designed to help families who may be transitioning to DoDEA schools by giving them an overview of a new school before their child ever sets foot in the classroom. This year marks the initial launch of the SRCs.

The SRCs also contain valuable information that will be of use to representatives at the headquarters, area,

and district levels so that they can become familiar with the schools that they will be visiting.

In the future, it is anticipated that the SRCs will include expanded data on graduation rates, attendance rates, and information on elementary and middle schools.

To access the SRCs, visit: <https://webapps.dodea.edu/SRC/>



Tools to Promote Summer Reading

If Venus Williams took two or three months off from swinging a tennis racket, how strong would her game be when she returned to the court? Not nearly as good as before she set down her racket that's for sure!

The same holds true for our children. If they do not exercise their brains and specifically their reading and comprehension skills during the summer break, they will experience what educators call the "summer slide."

Family trips and day to day life sometimes makes getting in that reading time a challenge. However, there are ways to access books that will travel with you.

Here are some great options for families to include FREE downloadable audio books and digital books that can be read or played on laptops, MP3 players, iphones, ipods, and more! Travel time can easily be turned into reading time!! **Tumble Books** are available free through Navy Knowledge Online [NKO] www.nko.navy.mil (go to Reference tab and e-content kids) Tumble books can highlight each sentence as a child reads or listens to the story. They even come in Spanish!

You can also go to NKO to download free books from the **International Children's Digital Library** which come in a many different languages.

More free downloadable books can be found on

www.free-books.org

www.magickeys.com/books/

Take the Scholastic summer reading challenge! Go to

www.scholastic.com/summer

Get information about encouraging summer reading and more tips at

www.readingrockets.org

ENJOY
YOUR
SUMMER
READING!!!



*Don't want
to lug around
a bag of
books while
on vacation?
Try digital
readers or
audio books!*



Home Schooling Connections in Japan

HOME SCHOOL Contacts

[FACEBOOK](#) Pages:

Kanto Plain Home Schoolers

Sasebo Area Home Schoolers

Yahoo Group:

groups.yahoo.com/group/kphsyokosuka

Yokosuka Homeschooling Blog:

yokosukahomeschooling.blogspot.com

Home Schooling isn't for everyone, but for some it is a perfect fit.

Families living overseas have lots of wonderful options. Living in Japan presents numerous opportunities for learning. In addition, DoDEA regulations allow home school families access to things like, testing, libraries, textbooks, clubs, and "part time" school in class of choice. All are on space available basis and require some registration paperwork to participate. Contact your school or SLO for details.



PCS Checklist

Parent To Do List-Prior to PCS

___ Notify School your child will be leaving (min. 2 week notice)

___ Request Official Transcripts

___ Find out the earliest date your child can check out of school and still receive full credit.

___ Contact your School Liaison Officer to get details about new school district

___ Request work your child can do to keep current during the transfer.

___ Have your child take an evaluation and get practice on new location curriculum standards. (gr. 3-12) go to soarathome.org

Documents Provided by Family

___ Birth Certificate/Passport

___ Social Security Number

___ Immunization/Health Record

___ Legal documents- i.e. custody, etc

___ Military Orders /Proof of residency

___ Other _____

Current School Information

___ Address, Telephone numbers, Email, Counselor, other school contact information

___ Course Description Book/ Grading Scale (6th grade and up)

___ Copy of Cover and index page of Current textbook (if still in school)

___ School Profile/Handbook

___ School Website Address

___ Other _____

Items From Current School

___ Copy of Cumulative Folder (copy mailed to school is official)

___ Current Schedule

___ Report Cards

___ Withdrawal Grades or Progress Reports

___ Test Scores

___ Individualized Education Plan or 504 Plan (if applicable)

___ Other _____

Not all schools will require all the above items, however it is better to have documents and information most often required for registration to ensure a smoother transition. Contact your School Liaison Officer for details and requirements for your new location.

Are you going to be moving this summer? In order to reduce stress that can accompany a permanent change of station (PCS), it's important not to wait until the last minute before preparing for your move.

Plan your child's school move

Often military families are so pre-occupied with the logistics of PCS'ing, that the academic needs of the child gets overlooked. Here are a few quick tips to help your child have a smooth take-off from their current school, and a soft landing in his/her new school.

1. As soon as you receive orders, notify your child's school in writing. Provide the date of your child's last day. It's never too early to do this!

2. Contact the School Liaison Officer at your new duty station. Your current liaison can help you get in touch with the correct liaison. The SLO can help you with information about your new location and answer any questions you may have.

3. Create a School PCS folder for each child. In the folder, place the PCS checklist (previous page) and all of the items you collect listed on the checklist in this folder. Before you pack all of your important papers, place the papers you will need to register your child in his/her new school in this folder! Include: copy of birth certificate, shot record, copy of transcript, & special needs evaluations. **DO NOT PACK THIS FOLDER!.**

4. Research the area where you are moving. You should investi-

gate the schools BEFORE you choose somewhere to live! For stateside moves, go to the Education Resource Center for information on state requirements, standards, testing, etc.

www.militarychild.org/military-parent/education-resource-center/

For overseas moves go to the DODEA website www.dodea.edu

5. Remember that data is only ONE indicator of a school's quality. If at all possible, go to the school and observe...see for yourself. Most importantly, do not form an opinion about a school based on the rumor mill. Every family, child, and situation is different. A school that is not a good fit for one family can be another family's dream school!

6. If you have a child with special needs, meet with your Special Education Teacher. Ask that they contact the new school personally. Be sure to get a copy of your child's IEP, evaluations, notes, etc. for the School PCS folder. If you haven't already, be sure to register in the Exceptional Family Member Program.

7. Network! Navy School Liaison Officer has a fan page on Facebook! Become a fan and connect with families and children at your new duty station! Access the SLO web page at your new duty station for details about schools.

8. Talk to your child about the social/emotional stresses of moving. Plan a "good-bye" party to allow your child a chance to have closure and say good bye. You may want to provide your child with a notebook in which he/she can col-

lect names, photos, email addresses and phone numbers. Go to Military Youth on the Move website apps.mhf.dod.mil/myom

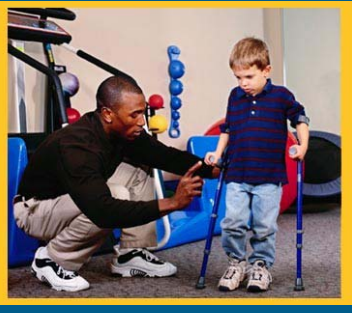
9. If you know where your child will go to school at the new duty station, **contact that school** to get calendar information, registration details, and even sports try out deadlines!

10. Prepare for the new location's curriculum by accessing Student Online Achievement Resources. Your child can take on assessment on the new location curriculum standards and get individualized activities designed just for him! (Grades 3-12) This will help ensure your child is on target in his new school. Go to

soarathome.org



With a little preparation and planning, you can turn your PCS into a **POSITIVE CHANGE OF SCHOOL!!!**



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*U.S. Naval Hospital
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Exceptional Family Member Program

When you transfer to a new duty station, everyone in your family has to make adjustments. When someone in the family needs special educational or medical services, there are often added challenges. Learning as much as you can about the help get you started on the right foot toward a successful move.

What is the Exceptional Family Member Program?

The Exceptional Family Member Program (EFMP) is designed to provide support to military families with special needs. The EFMP is a multidisciplinary assignment tool that interfaces with other military and civilian agencies to provide comprehensive and coordinated medical, educational, community and personnel support to military families with special needs. Enrollment in the EFMP ensures consideration of the needs of family members in the detailing process.

Who is eligible for the EFM Program?

Family members of active duty personnel or reservists called to active duty who meet the following criteria:

- Is enrolled in DEERS,

- Has been diagnosed with a chronic medical, mental health or educational condition

- (including gifted students) for six months or longer that requires special services. and

- Resides with the active duty sponsor.

Must I enroll my family member with special needs in EFMP?

Yes, If someone in your family qualifies for the program enrollment is MANDATORY! Active duty service members will be screened for suitability prior to approval for accompanied travel. If the accompanying exceptional family member is enrolled in the EFMP, their needs will be considered early in the assignment process to ensure that medical and educational services are available. If their needs are only identified during the mandatory screening process, often the assignment will be delayed while their needs are coordinated with the gaining location.

Whether transferring within the U.S. or overseas, researching the availability of services for the exceptional family member may seem like an insurmountable task. However, information is available through your installation MTF, EFMP Coordinator, Fleet and Family Support Center, School Liaison Officer or from a variety of on-line sources. More information is available at www.militaryhomefront.com.

HELPFUL SITES FOR MILITARY FAMILIES WITH SPECIAL NEEDS CHILDREN:

Specialized Training Of Military Parents www.stompproject.org

Military OneSource: www.militaryonesource.com

Navy EFMP www.npc.navy.mil/CommandSupport/ExceptionalFamilyMember/

Rejected: Now What?

What to Do When Colleges Say No



"We're sorry, but we won't be able to offer you a place in our first-year class. We had many qualified applicants this year...."

This is not how you wanted your college letter to read, but there it is. After all of the work you put into your application and the months of anticipation, it's understandable if you're upset about the outcome. However, it's important to keep rejection letters in perspective and to understand that you have options.

Rejection Is Not Always About You

Some students read rejection from a college as an indication that they don't have what it takes to succeed. However, admissions decisions are not a judgment from society. Colleges have many reasons for rejecting students, and there is always an aspect of randomness in the process. Student merit is not the only factor in a school's decision. Schools also must address their own needs for a diverse population or for strength on sports teams or in specific degree programs. Neither you or your parents should treat rejection as a personal failure.

What to Do if You Aren't Accepted Anywhere

What if you haven't gotten into any of the schools to which you applied?

This can occur when students apply only to very selective schools or too few schools, or if senior grades falter. This requires some reevaluation of your situation, but it's certainly not the end of the world. You still have some options. Here are some steps you can take:

- ☐ Talk to your counselor. He/She has been through this before with other students and knows what to do
- ☐ Apply to schools whose deadlines haven't yet passed. Many colleges have late admissions policies or rolling admissions. Find schools that are still accepting applications.
- ☐ Apply to the same schools again. Some schools will reconsider your application if you take the SAT® again and improve your scores or if your grades shot up dramatically at the end of your senior year.
- ☐ Contact the admissions office. Ask for an explanation. Was it your high school transcript? Your essay?
- ☐ Consider transferring to the college. If you spend a year at another school, you can prove to college admissions officers that you're motivated and ready for college level work. Consider community colleges, too.

Appealing Admissions Decisions

You can try to appeal your rejection, but most students don't win. Contact the admissions office for details on its appeal process. Some colleges will allow you to provide new academic information that could improve your chances of getting in, such as updated grades. You may also be able to request a spot on its waiting list.

The Upside

There's an upside? Yes. Sometimes it actually helps to have a decision made for you. Maybe you had several colleges on your wish list, and wouldn't have had an easy time choosing just one. Plus, if you hadn't been turned down by at least one college, maybe you would always wonder if you should have set your sights higher.

Navy Region Japan School Liaison Services

PSC 473 Box 60 N 921

FPO AP 96349-006

Office Location:

Command Fleet Activities Yokosuka

Bldg 1555 (PSD) Rm. 226

DSN: 315-243-2588

Commercial: 046-816-2588

www.cnic.navy.mil/Japan



CFAY School Liaison Officer
ruth.russell@fe.navy.mil
243-2588
www.cnic.navy.mil/Yokosuka



Access the CNIC School Liaison Officer World-Wide Directory at www.cnic.navy.mil/cyp

SCHOOL DATES:

June 17th Last Day of School

August 30 First Day of School

Local schools may have additional dates

CFAS School Liaison Officer:
Position Vacant—
(contact CFAY/Regional SLO)



NAF Atsugi School Liaison Officer
rheamia.burns@fe.navy.mil



SCHOLARSHIPS, & FREEBIES:

SCHOLARSHIPS:
DOD Community Relations Scholarships for Military Children (links to numerous scholarships)
www.ourmilitary.mil/scholar_mil_children.shtml

{IEFA} International Education Financial Aid Assists with scholarships and financial aid for students who want to attend college overseas. www.iefaf.org

Military Officers Association of America
MOAA provides a search engine to find military dependent scholarships.
www.moaa.org/scholarshipfinder



Worth Checking Out!!

FREEBIES:
Helping your Child Series:
Free downloadable booklets
www.ed.gov/parents/academic/help/hyc.html

FREE Online courses offered by numerous universities such as MIT, USC, & Notre Dame. (Marketing, Graphic Design,, History, Foreign Languages, Math , Science, writing, and more!) education-portal.com

FREE 24/7 one on one LIVE person online tutoring for Kindergarten through college level! Log on to NKO and go to www.tutor.com/navy